

# DINNERLY



## Balanced Miso Chicken Noodles with Pak Choy



25 minutes



2 Servings

Bursting with flavour, this nourishing noodle bowl ticks all the boxes. Think chicken tenders, charred Asian greens and bouncy vermicelli noodles tossed in a moreish miso sauce!



## WHAT WE SEND

- 20g miso paste <sup>6</sup>
- 1 bunch pak choy
- 1 spring onion
- 1 zucchini
- 150g vermicelli noodles
- free-range chicken tenderloins

## WHAT YOU NEED

- 10g butter <sup>7</sup>
- 2 garlic cloves
- 1 tbs soy sauce <sup>6</sup>
- 1 tbs vegetable oil

## TOOLS

- medium saucepan
- julienne peeler or box grater
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Soy (6), Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 585kcal, Fat 14.6g, Carbs 66.3g, Proteins 42.3g



### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Put the **miso** and **10g butter** in a bowl to soften. Quarter the **pak choy** lengthwise. Thinly slice the **spring onion**, keeping the white and green parts separate. Crush or finely chop **2 garlic cloves**. Shred the **zucchini** using a julienne peeler or coarsely grate with a box grater.



### 2. Marinate chicken

Cook the **noodles** in the pan of boiling water for 9 mins or until tender. Reserve **2 tbs cooking water**, then drain. Rinse the noodles under cold water to prevent them from sticking. Meanwhile, put the **chicken**, **1 tbs soy sauce** and **2 tsp vegetable oil** in a bowl, season with **pepper** and toss to coat.



### 3. Cook chicken and pak choy

Heat a medium deep frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan and keep warm. Add the **pak choy** to the pan and cook for 2 mins each cut side or until charred. Remove from the pan and keep warm, reserving the pan.



### 4. Make sauce

Heat **2 tsp vegetable oil** in the reserved pan over medium heat. Cook the **garlic** and **white part of the spring onion** for 1-2 mins until fragrant. Add the **miso and butter** and cook for 1-2 mins until melted. Add **¼ tsp pepper** and **60ml (¼ cup) water** and cook, stirring, for 1 min or until warmed through. Pour **half the sauce** into a jug and keep warm (see Make it faster).



### 5. Serve up

Add the **noodles** and **zucchini** to the **remaining sauce** in the pan and toss to coat. Add the **reserved cooking water** and cook, stirring, for 2-3 mins until warmed through. Divide the **noodle mixture** among bowls and top with the **pak choy** and **chicken**. Scatter over the **remaining spring onion** and drizzle with the **reserved sauce**. Enjoy!



### 6. Make it faster

We like this noodle dish with a little sauce drizzled over the top, but to speed things up, simply leave all the sauce in the pan before tossing through the noodles and zucchini.